CANUCKS RALLY TO STOP AVALANCHE, PG9

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VANCOUVER • WEDNESDAY, MARCH 10, 2010 metronews.ca

Celebrity Buzz

Lindsay crying over spilled milk?

Scolded Chinese medallist gets support online

OLYMPICS An 18-year-old Chinese short-track speedskater criticized for thanking her parents and not her country after winning a gold medal at the Vancouver Olympics is receiving widespread support online.

After winning the 1,500-metre race on Feb. 20, a breathless Zhou Yang told China Central Television: "It's my dream. After winning the gold I might change a lot, become more confident and help my parents have a better life."

Yu Zaiqing, deputy director of China's General Administration of Sport, took notice.

"It's right to respect and thank your parents but you also have to have the country in your heart. The country must come first. Don't just talk about your parents," Yu said.

Zhou is being defended online, where many Chinese who are normally hesitant to voice opinions speak freely because of the anonymity.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?

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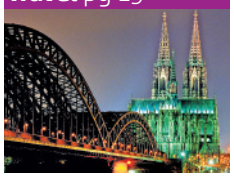
Travel pg 19



Get steeped in Cologne

Entertainment pg 20

Spring flicks preview

On the web
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'New Canada' taking shape

City's visible minority population could reach 2 million by 2031: Report

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Almost 60 per cent of people in Vancouver are expected to be a visible minority by 2031, according to projections released yesterday by Statistics Canada.

The study found that the city's visible minority population could more than double to around 2 million people, up from 910,000 — or 42 per cent — in 2006.

It would make Vancouver the second most ethnically diverse city in the country after Toronto.

The largest visible minority group in Vancouver is expected to be Chinese, with that population expected to double to 809,000 over the next two decades, from 396,000 in 2006.

Their share of Vancouver's demographic would rise to 23 per cent from 18 per cent, and is expected to be bolstered by immigration and a high fertility rate.

Henry Yu, an associate history professor at the University of B.C., said minorities already make up a large part of our population.

"The projection is of trends that are already here and have already changed the country ... The fastest-growing segment of Canadians under 30 are visible minorities," said Yu.

He said the new Canada is Pacific-, South Asian- and Caribbean-oriented, and people from these regions are settling in and shaping Canada's biggest cities.

By 2031, as much as 96 per cent of visible minorities are expected to be living in one of the 33 census metropolitan areas.

Jeffrey Reitz, a professor of ethnic and immigration studies at the University of Toronto, said the history of immigration shows that diversity comes to the cities first, though that may change over time.

Newcomers to Canada, he said, tend to settle in larger cities not only because the sheer size means more job opportunities, but also because there are built-in communities of people with similar backgrounds.

"This sort of new Canada, this urban (Asian) Canada, is the present and future of Canada," said Yu.

"The challenge for us now is to actually come up with a vision for the future, and of our past, that represents and reflects the reality that these stats show."

WITH FILES FROM THE CANADIAN PRESS

STIG NIELSEN/FOR METRO VANCOUVER

Asuka Sugie, left, Yuri Nakatani, centre, and Momoka Kawano in downtown Vancouver yesterday. By 2031, Statistics Canada predicts more than 71 per cent of Canada's visible minorities will be living in Toronto, Vancouver and Montreal.

Paralympic torch set to journey through city by land, sea, sky

PARALYMPIC 2010Games

GAMES A Sea King helicopter, a navy frigate and Vancouver Canucks captain Roberto Luongo will help carry the Paralympic torch on its journey to B.C. Place, organizers revealed yesterday.

The torch enters Vancouver today for the first of three celebration days leading up to Friday's opening ceremonies.

"It's quite emotional," said Suzanne Reeves, director of communications for the torch relay.

"Many of (the torchbearers) have overcome significant obstacles in their lives. They've persevered and they really are the epitome of what we're going to see during the Paralympic Games."

Unlike the longer Olympic relay that followed a linear route, the 10-day Paralympic relay is focused around community celebrations.

In Vancouver, those celebrations take place at Riley Park (today), the University of B.C. (tomorrow) and will be followed by a 24-hour party at Robson Square where Luongo, former mayor Sam Sullivan and Chantal Petitclerc will carry the torch.

Other differences include the "steel blue hue" of the torch and torchbearers' uniforms and the fact that the flame is lit fresh each day by different First Nations, using traditional methods, like flint and whittle.

Relay

- Torch route details on page 3.

On Friday morning, the torch will move through Vancouver's downtown to Second Beach and will be taken across False Creek in an adaptive rowing vessel.

At Vanier Park it will board a Sea King helicopter and will be flown to the frigate HMCS Vancouver in English Bay.

It will return up False Creek in the patrol vessel HMCS Orca and then by navy zodiac to the Plaza of Nations.

JEFF HODSON/METRO VANCOUVER

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Training and Skills Development • Biotechnology

Measures in the BUDGET

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Strengthening Business through Innovation • Genomics

Rural Development • Space Technology • Increased EI Benefits

• Robotics

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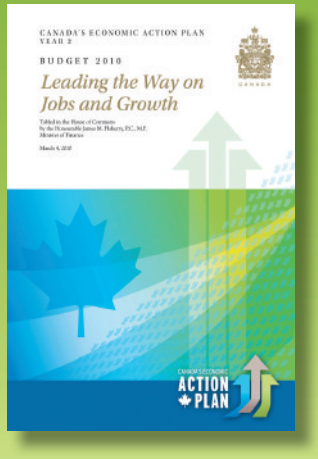

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News in brief

LIVECITY About 550,000 people visited the two LiveCity celebration sites over the duration of the Olympics, officials said yesterday. LiveCity Downtown will reopen for the Paralympics.

WEATHER Biathletes competing in the B.C. Winter Games in Terrace had to run and shoot — instead of ski and shoot — because of a lack of snow.

STAMPS Eleven commemorative stamps will be released for the Paralympic Winter Games. They will available at the Vancouver mail processing plant on Georgia Street after March 12.

METRO NEWS SERVICES

metronews.ca

WHAT'S ONLINE TODAY

Video Newcomers to Canada explain what drew them to the country's largest cities at **metronews.ca/canada**

Blogs TFC's director of business operations joins It's Called Football to discuss their bid to host the MLS Cup and paperless ticketing at BMO Field.

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'Spark becomes flame'

Celebrations ready to begin as Paralympic torch reaches Vancouver

PARALYMPIC 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

JEFF HODSON/METRO VANCOUVER

Suzanne Reeves, director of communications for the torch relay, with the Paralympic torch at Vancouver City Hall yesterday.

The theme of the 10-day Paralympic torch relay is "spark becomes flame ... that fires the imagination of anyone, anywhere and anytime," said Suzanne Reeves, director of communications for the relay.

That spark hits Vancouver this morning, when the Paralympic flame is lit at 9 a.m. at the Tsleil-Waututh band office in North Vancouver.

Today: The flame will be transported in a lantern to Riley Park where at 11 a.m. it will start the relay. In all, 22 torchbearers will carry the flame around a 400-metre circuit around the park. The family event will feature music, circus performers and face painting and will run until 1 p.m.

Tomorrow: The Musqueam will light the flame for the final time. It will be transported to the University of B.C. where 22 torchbearers will carry it around a 1.1-kilometre loop around a celebration near the Student Union Building.

From there, the torch will be taken to Robson Square for the 1:45 p.m. start of a 24-hour relay along a two-kilometre circuit on Robson and Smithe streets between Granville and Bute streets. About 280 torchbearers will take part.

Celebrations on the stage at Robson Square will take place at 1:45, 5:45 and 9:45 p.m.

Canucks captain Roberto Luongo will light the celebration cauldron just after 6 p.m. and former mayor Sam Sullivan will carry the torch at 8:30 p.m.

Friday: The zipline above Robson Square reopens at 10 a.m., with the final celebration beginning 15 minutes later. The celebration will run until about 11:45 a.m. when the torch begins its final journey to the opening ceremonies at B.C. Place.

British Columbia riding a lucky lottery streak

LOTTO British Columbia has become a hotbed for lottery winners with four major jackpots claimed in the province over the last nine days.

A 48-year-old forklift operator from Houston, B.C., a community of 3,000, won half of last week's $19 million Lotto Max draw. The other winning ticket was sold in Abbotsford.

$46M

The total lottery winnings collected in the four major jackpots won by B.C. residents in March.

Kevin Bowser drove 13 hours to BCLC's Richmond office from Houston to claim his prize.

"I asked my brother for a ride because I didn't have a reliable car," he said. "I had the ticket in my wallet and checked it just about every 15 minutes!"

On March 1, a pair of Surrey postal workers, Derek and Frances Bird, claimed B.C.'s biggest lottery jackpot yet, winning $25 million. Two days later, Vancouver's Ivy Leung claimed the BC-49's $2-million top prize.

METRO VANCOUVER

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Cops nab man with 4 kilos of heroin at airport

DRUGS In a story that reads like a public service ad against drug use, RCMP say a man was arrested with a suitcase full of heroin at Vancouver's airport during the Olympic Games.

There were more than 10,000 police and soldiers in Vancouver to provide security for the Games when, on Feb. 22, a Canadian man coming back from India attempted to go through security at YVR.

Canada Border Service agents sent him for secondary inspection and later found four kilograms of heroin hidden inside two suitcases.

The 38-year-old man was arrested by RCMP and federal drug investigators were called in to take over the case.

The unnamed man has been released from custody with a promise to appear in court in June.

While the arrest was made more than two weeks ago, police are only now revealing details of the case.

THE CANADIAN PRESS

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*Contest period: January 12 to March 23, 2010. Round-trip ticket is from Vancouver to Taipei. Travel must be completed between May 1 and December 31, 2010. You are required to answer 2 skill questions. Some restrictions apply. Visit www.flyfree2taiwan.com for details.

Bridge expert sent to earthquake-ravaged Chile

The B.C. government has sent a local bridge expert to Chile to help inspect the damage to bridges caught in the recent 8.8-magnitude earthquake. Sharlie Huffman, with the Canadian Earthquake Reconnaissance Team, will also gather information that could be used here. METRO VANCOUVER

RCMP seek help locating missing women

SEARCH RCMP in Surrey and Chilliwack are asking for the public's help finding two women who have gone missing in unrelated cases.

Sonia Thomas, 41, from Surrey, was last seen in Vancouver on March 3, said Const. Peter Neily.

"Her friends and family are concerned, as they have not heard from her since then, which is reported to be out of character," Neily said.

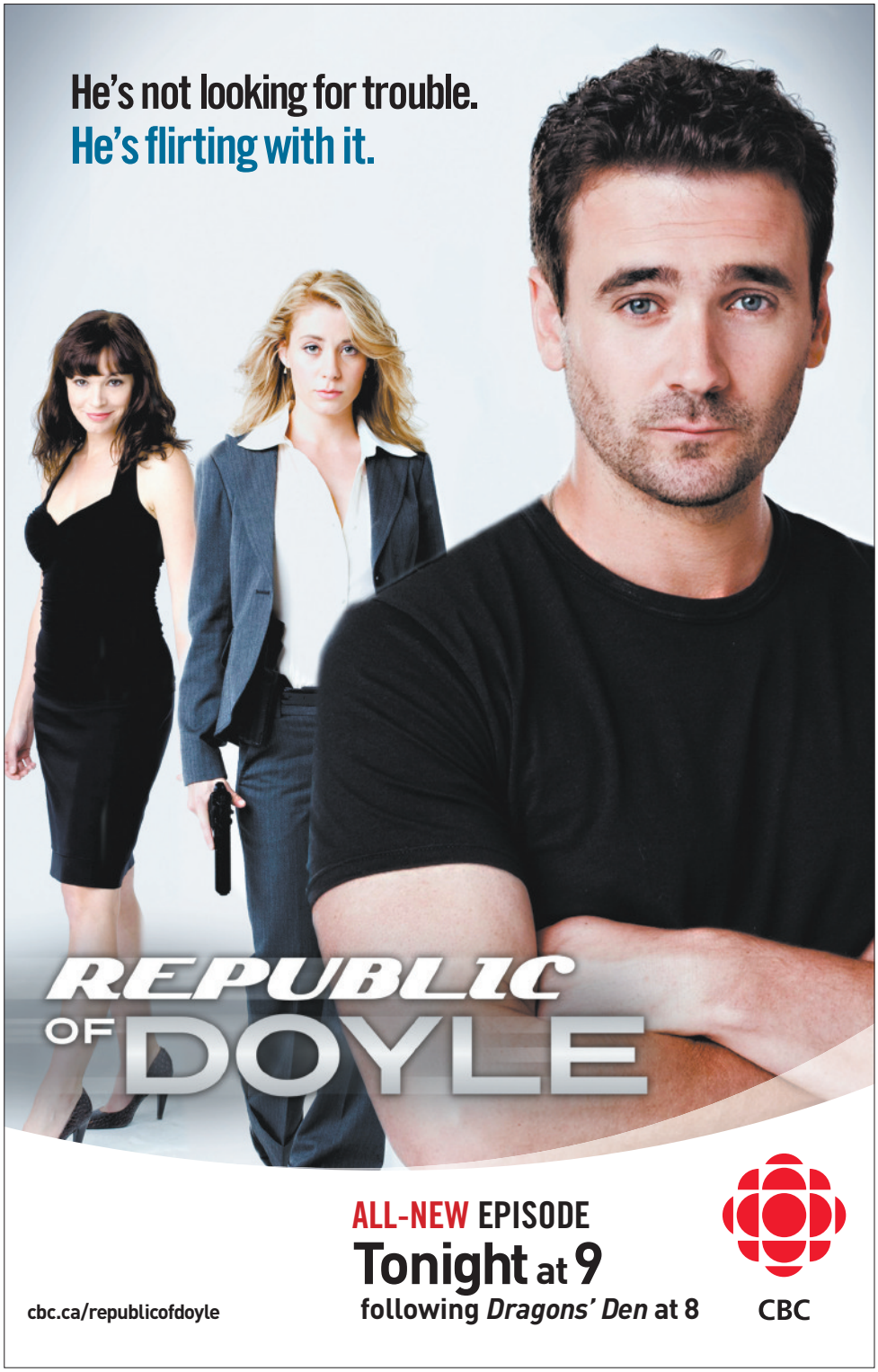
"While (Erica) Dawson has gone without contact with her family in the past, she lives an at-risk lifestyle and sounded distraught the last time she spoke to family." RCMP Cpl. Lea-Anne Dunlop

Police are also on the search for Erica Dawson, 23, who last contacted her family by pay phone from a Greyhound bus station in Chilliwack in the early hours of Feb. 17.

"It is not known if Chilliwack was Dawson's destination or if she may still be travelling," said Cpl. Lea-Anne Dunlop.

"While Dawson has gone without contact with her family in the past, she lives an at-risk lifestyle and sounded distraught the last time she spoke to family."

METRO VANCOUVER



Blackmore to blame for charges: B.C.

Province defends prosecution

The B.C. government says Winston Blackmore brought what turned out to be an unsuccessful prosecution on himself by openly practising polygamy.

The province has filed a statement of defence after Blackmore, one of the leaders of the polygamous community of Bountiful, sued earlier this year, claiming his rights were violated.

The initial lawsuit claimed the province wrongly ignored multiple legal opinions advising against laying charges, and Blackmore says he has since suffered mental distress and public embarrassment.

But the province argues in documents filed with the court last month that Blackmore invited the prosecution by openly practising polygamy, which he knew violated Canadian law.

Blackmore and James Oler were arrested in January 2009, two decades after police first began looking into the community and after several prosecutors shied away from pursuing charges.

The charges were thrown out last fall after the men's lawyers successfully argued in court that the decision of a previous special prosecutor not to lay charges was final.

THE CANADIAN PRESS

News in brief

BEES Vancouver Island beekeepers say 90 per cent of their hives have been wiped out by a lethal combination of disease and a long summer last year, CBC News Online reports. This has been a disaster for producers, but it won't affect the price of honey.

DRUGS RCMP say they found marijuana in plain view inside a car after stopping a 42-year-old man in Kelowna for talking on his cellphone while driving. The man faces drug-related charges. METRO NEWS SERVICES

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Telus World of Science reopens
The Telus World Of Science is reopening tomorrow — in time for spring break — after closing during the Olympics to serve as Sochi House. Science World will host pirate-themed activities until March 15, including a swashbuckling show that teaches visitors the art of pirating, plundering and pilfering. METRO VANCOUVER

NCAA membership just part of SFU's application

GREG DOWNS
for Metro Vancouver

Simon Fraser University is vying to be accredited as a U.S. post-secondary school in a bid to both enter the NCAA and increase its status around the world.

SFU applied to the Northwest Commission on Colleges and Universities, which will review the university, in a process that will take up to seven years to complete.

SFU's application, which initiated the process, was approved in January 2009.

> **"Canada is the only developed country that doesn't have a national post-secondary accreditation system."**
> K.C. Bell, SFU special projects director

The NCAA requires all its members to be accredited in the U.S., but K.C. Bell, SFU's special projects director, said in a press release the desire for accreditation extends beyond athletics.

"A globally recognized guarantee of quality will increase SFU's profile abroad and help us attract the best international students."

"Canada is the only developed country that doesn't have a national post-secondary accreditation system," Bell added.

Several B.C. colleges have previously failed the U.S. process.

Local theatres to show UFC 111

MMA UFC 111, headlined by Canada's Georges St-Pierre, will be shown at three movie theatres in the Lower Mainland.

It's the first time the mixed martial arts promotion is showing a card on the big screen in Canada, with Cineplex theatres carrying the event in three dozen cinemas across the country. Admission will be $19.95 plus taxes.

Tickets
- Advance tickets can be purchased at Cineplex.com/events and at participating box offices.

St-Pierre vs. Dan Hardy takes place March 27 at 7 p.m. in New Jersey for the welterweight title. The co-main event features former heavyweight champion Frank Mir vs. No. 1 contender Shane Carwin for the interim UFC heavyweight title.

The Vancouver-area theatres showing UFC 111 are SilverCity Riverport Cinemas in Richmond, SilverCity Coquitlam Cinemas and Colossus Langley Cinemas.

METRO VANCOUVER

News in brief

DOG B.C. SPCA animal cruelty officers have identified the owner of a golden retriever named Trooper found emaciated in Maple Ridge Feb. 28. The organization says charges are pending.

VANCOUVER ISLAND Town council in Tofino is considering a ban on new fast-food franchises and chain restaurants, including Starbucks. The municipality's chief administrative officer cautioned that a bylaw banning franchises and chains could conflict with individuals' rights.

FRAUD A Surrey woman and her son have been charged with defrauding Tim Hortons by using illegally reloaded gift cards, CBC News Online reports. Teri Lynn and Shawn Jeromin are accused of reloading Tim cards online with stolen credit card information, then buying large quantities of coffee, hot chocolate and coffee makers.

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Canadian politicians confident NAFTA pullout won't happen

Fresh off a recent skirmish over "Buy American," some Canadian cabinet ministers are confident a new protectionist push from some U.S. politicians won't succeed. A group of 28 members of the House of Representatives last week unveiled a bill calling for U.S. President Barack Obama to give six months notice that the U.S. will pull out of NAFTA. THE CANADIAN PRESS

Canada

PMO set to spend $13M more

In the Conservative crackdown on salaries and office budgets, it seems one wing of government didn't get the memo — Prime Minister Stephen Harper's own bureaucracy. The government released financial estimates showing the budget for the Prime Minister's Office is expected to spike by 21.9 per cent — or more than $13 million.

TORSTAR NEWS SERVICE

News in brief

HEALTH A new study spearheaded by a McMaster University researcher shows that vaccinating kids against flu can substantially reduce infections in a community. The research shows that giving flu shots to a significant portion of kids aged three to 15 cut the risk of catching flu by 60 per cent, which for adults is about as good as getting a flu shot themselves.

THE CANADIAN PRESS

Court drops coke, DUI charges, fines ex-MP for careless driving

PLEA BARGAIN Cocaine possession and drunk driving charges against former Conservative MP Rahim Jaffer were withdrawn yesterday after the one-time anti-drug activist pleaded guilty to careless driving.

The plea deal sparked an angry exchange in the House of Commons, after Liberals accused the government of hypocrisy.

In convicting Jaffer and fining him $500, the Ontario court judge said he would not interfere with the joint submission by Crown and defence.

Prosecutor Marie Balogh told the court there was no real prospect of conviction on the more serious charges. THE CANADIAN PRESS

Child-care tax break creates new problems

The federal budget's key anti-poverty measure cures one headache and causes another.

Changes to the tax treatment of the $100-a-month Universal Child Care Benefit to help single-parent families "will create new inequities," says the Caledon Institute of Social Policy, an Ottawa-based think-tank known for its work on social security.

Critics of the benefit have long complained that it is subject to income tax, penalizing single-parent families in particular.

Until now, single-parents could end up paying more tax on their $100-per-child benefit than a two-parent family with the same income.

The budget set out to address the problem by allowing single-parent families to claim the payments as income for their dependents, meaning most single-parent families will likely avoid paying any tax on their $100 because the money will be claimed as their children's income.

But now, two-parent families will pay more taxes on their benefit than single-parent families of the same income.

"This is patently unfair," says the Caledon Institute. "So the UCCB will remain a complicated and virtually incomprehensible social program in terms of its real as opposed to apparent value to families."

"So the UCCB will remain a complicated and virtually incomprehensible social program."
Caledon Institute of Social Policy

THE CANADIAN PRESS

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Pups in peril: Lack of sea ice leaves seals with few places to bear and defend their young. Scan this code for the story.

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Family wants to suppress video

SeaWorld officials and the family of Dawn Brancheau are trying to suppress video footage of the killer whale attack that ended her life. A SeaWorld camera captured the accident and the footage was turned over to law enforcement. Once the police concludes its investigation, the material would become public under Florida law. THE ASSOCIATED PRESS

World/Business

Pope's brother knew of physical abuse claims

The pope's brother said in a newspaper interview published yesterday that he slapped pupils as punishment after he took over a renowned German boys' choir in the 1960s.

He also said he was aware of allegations of physical abuse at an elementary school linked to the choir but did nothing about it.

The Rev. Georg Ratzinger said he was completely unaware of allegations of sexual abuse at the Regensburger Domspatzen boys choir, part of a string of charges of sex abuse by church employees across Europe in recent days.

Responding to accusations that its policies encouraged silence about the problem, the Vatican said that the sexual abuse scandals in Germany and other countries were cause for anguish but its response has been prompt and transparent.

The scandal sweeping church institutions in many European countries kept widening yesterday.

In Austria, the head of a Benedictine monastery in Salzburg admitted to sexually abusing a child decades ago and resigned. Dutch Catholic bishops announced an independent inquiry into more than 200 allegations of sexual abuse of children by priests at church schools and apologized to victims.

THE ASSOCIATED PRESS

Major electronics makers to begin 3-D TV sales

TECH Samsung and Panasonic will start selling 3-D TVs in U.S. stores this week, inaugurating what TV makers hope is the era of 3-D viewing in the living room. Canadian sales will likely follow soon after.

Samsung Electronics Co. announced yesterday that it is selling two 3-D sets. Combined with the required glasses and a 3-D Blu-ray player, the prices start at about $3,000 US for a 46-inch screen.

Panasonic Corp. has said it will sell its first 3-D set today.

The push into the living room comes as moviegoers have shown considerable enthusiasm for the latest wave of 3-D fare in the theatre.

This weekend, Alice in Wonderland grossed an estimated $116.2 million at the box office, beating the first-weekend receipts of Avatar, the winter's 3-D blockbuster.

Although it's clear that 3-D sets for the home will appeal to technology and home-theatre enthusiasts, it remains to be seen if the TVs will entice regular consumers to spend $500 or more above the price of a comparably sized standard TV and Blu-ray player.

The 3-D effect requires viewers to wear relatively bulky glasses that need to be recharged occasionally. They're not like the cheap throwaways that have been used in theatres since the 1950s. When you're wearing these 3-D TV glasses, room lights and computer screens may look like they're flickering, making it difficult to combine 3-D viewing with other household activities.

THE CANADIAN PRESS

HANDOUT

The era of 3-D viewing at home is fast-approaching.

News in brief

QUAKE The Earth really did move during last week's massive Chile earthquake: Researchers say cities and islands physically shifted west a bit. Thanks to satellites, scientists at Ohio State University and the University of Hawaii found that the city of Concepcion moved at least three metres to the west. It is the nearest major city to last month's quake.

COLD WAR Japan confirmed for the first time yesterday the existence of once-secret Cold War-era pacts with the U.S. that tacitly allowed nuclear-armed warships to enter Japanese ports in violation of Tokyo's postwar principles.

THE ASSOCIATED PRESS

India Historic step for women

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

Indian lawmakers join other women in celebrations yesterday outside the Indian parliament in New Delhi after the Women's Reservation Bill was passed by the upper house of parliament. The bill would reserve one-third of legislative seats for women. The bill now goes to the lower house, where it is likely to pass.

Officials to probe runaway Prius

CALIFORNIA A Toyota Prius that sped out of control on a California freeway was towed to a dealership yesterday while federal and company inspectors converged on the car to determine whether a stuck gas pedal was to blame.

James Sikes, 61, told authorities that the accelerator malfunctioned Monday as he drove his Prius on an interstate. The car reached 174 km/h before a California Highway Patrol officer helped get the Prius driver to slow down and turn off the engine. Toyota denied it planned to recall the Prius model involved. Toyota has recalled some 8.5-million vehicles worldwide since last fall because of acceleration problems in models and braking issues in the Prius. THE ASSOCIATED PRESS

The Prius' driver and the officer who saved him describe the "terrifying" experience in a video at metronews.ca/world

Banks boast profits

EARNINGS Canada's five biggest banks saw their profits soar by nearly two-thirds in the first quarter of 2010 compared to the same period a year before when the recession had battered away at earnings.

The banks earned a combined $5.09 billion in the three months ended Jan. 31, compared to $2.97 billion in 2009, helped by lower loan losses and a resurgence in mortgages.

Scotiabank was the final bank to report earnings yesterday, posting a 17 per cent rise in profit to $988 million and beating analyst estimates.

Most of the banks came out with profits higher than Bay Street had expected, with Scotiabank, Bank of Montreal, TD Bank, and CIBC all beating estimates.

Royal Bank was the sole exception that missed expectations, even though Canada's largest bank posted the highest profit at $1.5 billion. The results provided further reason for optimism in a banking industry that has fared better than those in other countries.

THE CANADIAN PRESS

In brief

WEALTH The millionaires' club in the U.S. grew by 16 percent in 2009, following a 27 percent decline in 2008. Families with a net worth of at least $1 million, excluding primary residences, rose to 7.8 million in 2009, according to a survey conducted by Spectrem Group.

METRO NEWS SERVICES

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Comment

With glowing hearts ... in Quebec

TheWestView

One of the most underreported stories coming out of the Olympics is, to my mind, one of the most important.

Two separate polls indicate a remarkable increase in the glow of the hearts of the people of Quebec.

Leger Marketing reports that 79 per cent of those polled in Quebec said they have "a stronger sense of pride in Canada" when they watch Canadian athletes ascend to the podium.

And Ipsos-Reid reports that 63 per cent of Quebecers now call themselves "Canadian nationalists."

Whoa!

If these numbers hold up, Alexandre Bilodeau and Joannie Rochette have saved Canada! A relatively cheap $6-billion investment has succeeded where all that torturous handwringing, all that interminable Meech Lakeing and Charlottetowning, failed.

We probably shouldn't expect Quebec to replace "Je me souviens" with "Go Canada Go!" on licence plates, but it is more than nice to think that the "nation" of Quebec is back in the bosom of its family.

Many of the sour grapes thrown at Quebec from the "Rest of Canada" can be attributed to hurt feelings. They rejected our language, our culture, our Mounties, after we went to all that trouble to take up poutine.

But now that Quebec has become, apparently overnight, a hotbed of Canadian nationalism, all is forgiven. Vive la différence!

The separatists have been reduced to a hard core of malcontents. Even Lucien Bouchard, the bête noir of the separatist nightmare, has lost his enthusiasm for the sovereignty project, sidelining it with a Gallic shrug as a losing game. Maybe later, he thinks.

Another poll, taken by the Association of Canadian Studies in Montreal, shows that only 29 per cent of Quebecers support the idea of a separate Olympic team for Quebec, but 65 per cent reject the idea.

This is a huge vote for Canada from a place that has been lukewarm at best. You could put it down to a short burst of enthusiasm to be followed by another interminable decade of bleak interactions. But what if the people of Quebec are tired of those things that separate us and are ready to become part of something bigger, more inclusive, more multicultural, less medieval?

This fashionable patriotism is really the first expression of a new generation of Canadians united, not by language, not by race, not by creed, but by the remarkable idea of a nation where we are all free to celebrate our heritage, yet also free to create a new identity that liberates us from things such as language laws and timeworn boundaries.

And somewhere between 63 and 79 per cent of Quebecers are ready, at last, to be free.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Did anything in last week's budget affect you or your family?

Ries Mentink
Vancouver

A: I think more of the budget should be spent on a sustainable future, green cars, and rapid transit that will help create more green jobs.

Amy Bi
Vancouver

A: I want to see how (the deficit) directly affects my day-to-day. Obviously, the numbers aren't ideal ... but it's easy for us to see those big numbers and hard for us to relate to them.

Dave O'neill
Vancouver

A: I don't think it will change things too much for me. A lot of the changes were in stimulus spending and I'm already employed.

Kathy Mendes
Edmonton

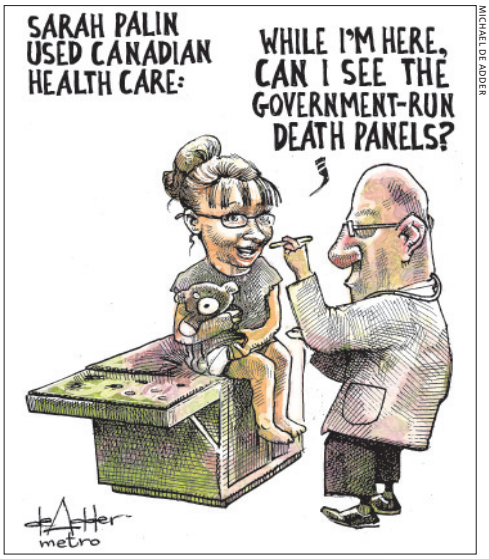
A: No, not really. I have just gotten married so that doesn't really affect me. Same with education. I've gone through university and all of that. The only thing could be health and everything's slow in the health-care process.

Graeme Reniers
Halifax

A: I'm a graduate student of international development and he froze foreign aid funds in the budget. That definitely affects me in terms of either getting a job or the reputation of my country as I go abroad and do my work.

Ashley Smith
Ottawa

A: They took out the home renovation tax breaks. We are expected to do some renovations this year. It would have been nice.



MICHAEL DE ADDER

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Lions cut Pierce
The B.C. Lions began clearing up their logjam at quarterback by releasing quarterback Buck Pierce yesterday. THE CANADIAN PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Canucks rally back

NHL RESULTS

Canucks 6 Avalanche 4

VS

Jannik Hansen scored the decisive goal with 2:08 remaining, Mikael Samuelsson had his first NHL hat trick, and the Vancouver Canucks rallied to beat the Colorado Avalanche 6-4 last night.

Hansen snapped the tie with an unusual goal that was confirmed by video replay. Aaron Rome took a shot from the point that bounced off the end boards. Hansen rushed into the crease between the net and goalie Craig Anderson, and the puck caromed in off his skate.

Daniel Sedin added an empty-net goal with 8.8 seconds left to seal the Canucks' fourth straight win over Colorado.

The Avalanche were denied in their bid to move into a tie with Northwest Division-leading Vancouver.

Down 3-0 and 4-1, Vancouver pulled within 4-3 when Samuelsson scored his third goal of the night at 18:18 of the second period, picking up a loose puck in the crease and tapping it past Anderson.

The Canucks tied it with 11:56 remaining when Alex Burrows, positioned in front of Anderson, deflected in Christian Erhoff's shot.

Colorado scored three goals in the first period, netting the first two in a 28-second span.

Canucks goalie Roberto Luongo made 23 saves for the win.

THE ASSOCIATED PRESS

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Vancouver right winger Mikael Samuelsson shoots the puck past Colorado goalie Craig Anderson for the first of Samuelsson's three goals in the second period of last night's game.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

VANCOUVER 6 Colorado 4
Calgary 4 Detroit 2
Montreal 5 Tampa Bay 3
Toronto 4 Boston 3 (OT)
Nashville 2 Atlanta 1
Philadelphia 3 N.Y. Islanders 2
Florida 3 Minnesota 2 (SO)
Ottawa 4 Edmonton 1
Columbus 5 Anaheim 2

TODAY'S GAMES

Dallas at Buffalo, 4 p.m.
N.Y. Rangers at New Jersey, 4 p.m.
Carolina at Washington, 4 p.m.
Los Angeles at Chicago, 5:30 p.m.
VANCOUVER at Phoenix, 6 p.m.

NBA

YESTERDAY'S RESULTS

Charlotte 83 Miami 78
Houston 96 Washington 88
Indiana 107 Philadelphia 96
Milwaukee 86 Boston 84
Orlando 113 L.A. Clippers 87
Utah 132 Chicago 108
Portland 88 Sacramento 81
Toronto 107 L.A. Lakers 109

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ScanLife

Canadian Scott Mathieson tries to beat the odds with Phillies comeback after two notorious surgeries. Scan this code for the story.

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Co-op students find better work, earn more, study finds

A three-phase study from the University of Waterloo finds that co-op students earn higher salaries and get more prestigious jobs following graduation compared to their non co-op counterparts. METRO NEWS SERVICES

Workology

Sex.com on the auction block

Sex.com, a popular domain name on the internet, will be auctioned off in New York this month after its owners defaulted on debt payments. Escom purchased the name in 2006 for a record $14 million US, but the name is not expected to fetch anywhere near that price when it goes on the auction block March 18. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Options abound in engineering

Engineering **the Future**

Metro Workology is focusing on careers and education in the engineering sector for the month of March to celebrate National Engineering Month. Check back every Wednesday.

JON TATTRIE
for Metro Canada

Engineering is a versatile discipline, with professionals working in medicine, wildlife conservation and forensics in Canada and around the world.

Elizabeth Cannon, dean of the Schulich School of Engineering at the University of Calgary, says engineers build bridges, cars and buildings, but it's also more widespread and cutting edge. "The evolution of the engineering discipline has been going on for a long time, but sometimes we suffer from some of the stereotypes," she says.

One of those stereotypes is that engineers are men, but Cannon says 24 per cent of her students are women and she works hard to increase that number. "Women students do very well in our programs … and when they go out in industry, they again do very, very well."

Health-inclined engineers can go into biomedical engineering, which has engineers create new devices, such as robots that perform brain surgery.

You wouldn't think grizzly bear tracking would be in your set of skills as an engineer, but it could be.

"Engineers have a very direct and significant impact on the evolution of how medicine will be performed now and into the future," Cannon says.

"Engineering is a career that can really allow you to make a difference in the world. You can work in the office, in the field, locally or internationally."
Elizabeth Cannon

Geomatics, Cannon's field, builds GPS technology for in-car navigation, Smartphones and even tracking grizzly bears. The wildlife trackers help conservationists, biologists and policy makers. "The collection of data and the interpretation of data is what we do in the engineering field, in addition to actually producing the devices," she says.

Engineers can also specialize in building robots that work in danger zones like search-and-rescue or mine detection.

"Engineering is a career that can really allow you to make a difference in the world," Cannon says. "You can work in the office, in the field, locally or internationally."

Gilles Amirault is a forensic engineer with Calgary-based Samac, but he admits he hadn't even heard of forensic engineers before he became one. He found the job posted online after graduating from Dalhousie University's co-op mechanical engineering program.

Forensic engineers visit the scene of vehicular accidents and use applied physics and dynamics to work out what happened. Using police markings, they take photographs and detailed notes, speak with police, inspect the vehicles, get witness information and then reconstruct the incident with computer software.

"It's determining the speed of the vehicles involved, who went over the centre line, who was at fault, who could have prevented the incident, who could not have," he says. "It's really interesting."

For more of the Engineering the Future exclusive series check Workology every Wednesday or stop by: metronews.ca/work

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Majority of students concerned about meeting university costs, survey finds
According to a survey released Monday, nearly 60 per cent of students reported being very or somewhat concerned with having sufficient funds to pay for their university education. METRO NEWS SERVICES

Chasing dreams in the Den

Dragons' Den
Dianne Buckner
metronews.ca/dragonsden

Unless you're one of the lucky few who was born into wealth, you likely have to work for a paycheque.

The same is true for entrepreneurs. Some are fortunate to start the type of business that generates income almost immediately. Others have to keep working at a 'day job' in order to finance their dream of launching a successful venture.

On tonight's episode of Dragons' Den you'll see an example of both.

Sunshine Tenasco-Brazeau is a mother of three, trying to support her family off the fruits of her labour. She's managed to create a small business based on a product she creates, and about which she is passionate.

She's getting by but barely. In order to continue putting all her energy into her fledging business, she's come to the Den for a small injection of cash to buy a machine and hire staff. That will increase her productivity and her profits.

Another entrepreneur who has to work hard at a regular job to support his family is Henry Omedi. He has a night job working 13-hour shifts as a truck driver but he'd love to spend all his time pursuing his passion — manufacturing and marketing his golf invention, ideally raking in the cash.

The Dragons are the first to acknowledge that building a business doesn't happen overnight, and it doesn't happen for free. They all held regular jobs for years before they transformed themselves into independent multi-millionaires. And they definitely appreciate hard work, knowing firsthand how much time and money an entrepreneur must invest to make it work.

They express concern that Henry's been working on the same concept for almost a decade, and has spent $380,000 of his hard-earned money creating his product.

Henry says he can improve a person's golf swing in 5 minutes, and has created a tool to do it. The Dragons point out in a saturated market of golf products, Henry's invention will struggle for market share.

But he's definitely persistent: "I'm willing to do what it takes," he pleads to the Dragons.

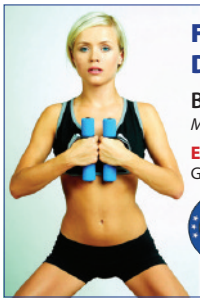
To which Arlene responds, "At what risk, Henry? Your family's risk?" She clearly fears that his expensive dream will cost more than it's worth.

Dragons' Den is definitely about dreams, and what can be accomplished when people have the guts and savvy to make dreams a reality — but it's also about money. And it's the biggest factor investors consider when deciding whether or not to help finance a dream.

Dianne Buckner is the host of Dragons' Den and the weekend anchor on the CBC News Network. Watch Dragons' Den at 8 p.m. tonight on CBC.

Workology in brief

ALBERTA INVITES STUDENTS TO ASSESS DRINKING HABITS USING ONLINE TOOL The University of Alberta is encouraging students to take an online survey called "Check Yourself" to assess the impact of their alcohol consumption. A coalition of uAlberta student services groups hopes the survey's results will help the groups better understand issues surrounding student drinking and how to reduce alcohol-related problems on campus. METRO NEWS SERVICES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Honda, Ford low in repairs: Report
Vehicles from Honda, Ford and Volkswagen had the lowest number of repairs in 2009, according to data from U.S. aftermarket warranty company Warrantech. CANADIANDRIVER.COM

Metro Drive

Own the glory
The Olympic-branded GM vehicles that were used during the 2010 Olympics will be available for sale to the public at the end of the Paralympic Winter Games this month.
METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Altima reaching for the top

JIL MCINTOSH
for Metro Canada

The 2010 Nissan Altima is a very competent performer, with crisp handling, pleasant ride and quiet performance, Jil McIntosh says.

Nissan may be focused on its upcoming electric cars these days, but it hasn't forgotten gasoline. For 2010, it offers a refreshed version of the midsize Altima sedan.

It's available with a 2.5-litre four-cylinder, at a starting price of $23,798. My tester used the 3.5-litre V6, which starts at $28,298; in top-line SR trim, my vehicle was $31,898, further tweaked with a $3,550 Leather Package of cowhide seats, upgraded stereo, Bluetooth and other items. While the four-cylinder can be ordered with a six-speed manual transmission, the V6 exclusively uses a continuously variable transmission (CVT), which functions as a gearless automatic. The Altima is also available as a two-door coupe or gasoline-electric hybrid sedan.

Modifications to the 2010 are relatively minor. Front-end styling is changed, although the back end remains the same. An important difference is that stability and traction control are now standard on all models.

Altima is a very competent performer, with crisp handling, pleasant ride and quiet performance. The 270-hp V6 offers impressive acceleration, and while I'm still not entirely sold on the feel of in CVTs in larger cars, this unit works fine.

The company thinks so too, and in an effort to convince customers who worry about repair costs, it has doubled the warranty on all such units, back to 2003, for a total of 10 years or 200,000 km, whichever comes first.

Official fuel ratings are 10.2 L/100 km in the city and 7.2 on the highway, while during a week of cold-weather driving, I averaged 11.1 L/100 km.

Early Altimas suffered from cheap interiors, but the company has gotten progressively better, and this new version looks and feels refined.

The controls are simple and easy to use, plastic pieces are fitted together well, and the upgraded Bose stereo includes a colour audio display screen and an iPod menu button that takes you directly to your player when it's plugged into the auxiliary outlet.

Overall, when midsize sedan buyers are making their test-drive list, Altima deserves to be in the top tier. Nissan's continuing attention to this sedan over the years has certainly paid off.

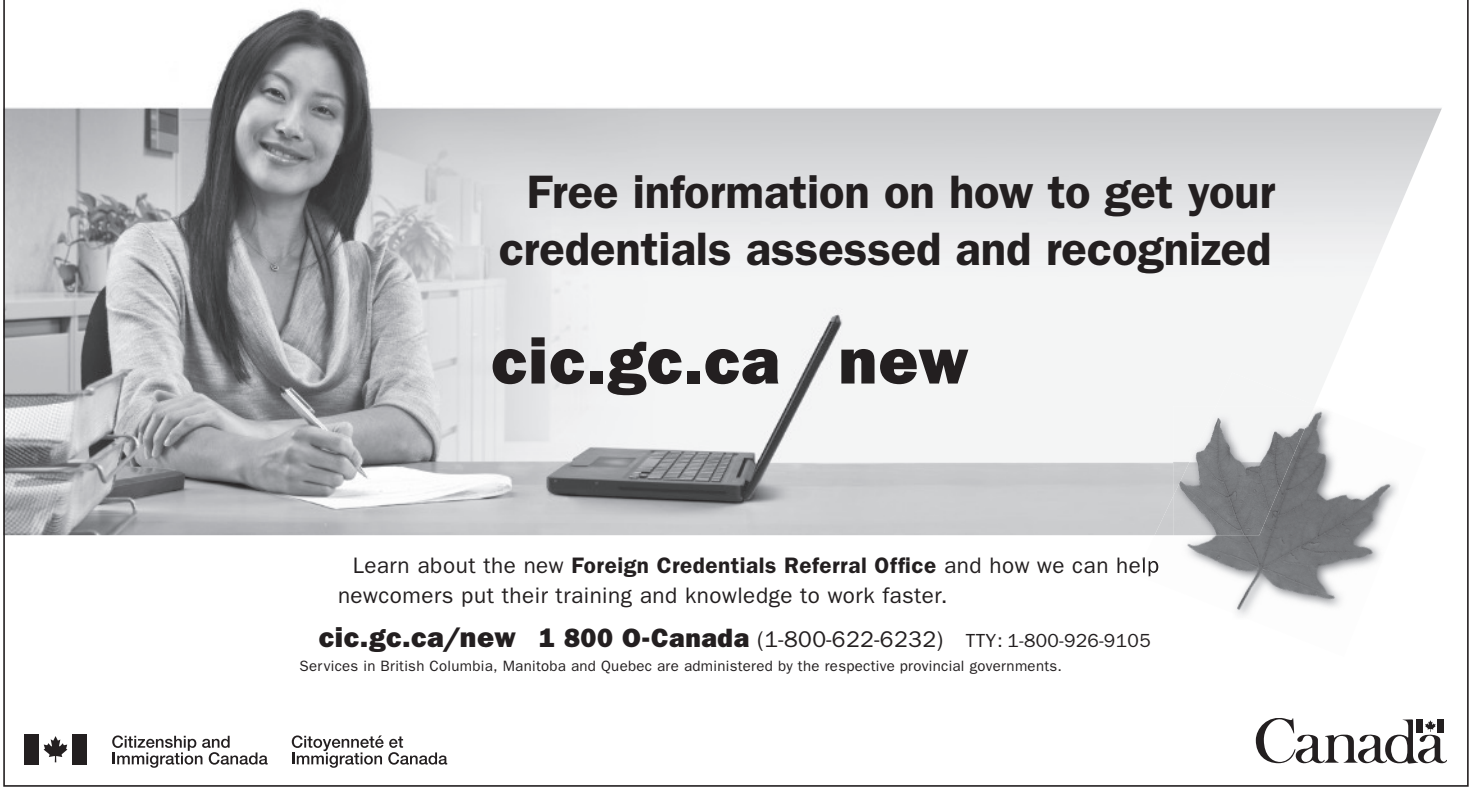
Inside, the new Altima looks and feels refined. The controls are simple and easy to us and plastic pieces are fitted together well.

2010 Nissan Altima

Type: Midsize sedan
Price: from $23,798
Engine: 2.5L four-cylinder/3.5L V6
HP: 270 (V6)
Fuel Economy: 10.2L/100 km city, 7.2L/100 km highway

Highlights

- Roomy, plush interior with improved sound system
- Standard stability and traction control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World Car finalists named
The top three finalists — Mercedes-Benz E-Class, Toyota Prius, and Volkswagen Polo — for the World Car of the Year award have been named at the Geneva Motor Show. The winner will be announced at the New York auto show in April. METRO NEWS SERVICES

Corolla to depend on

A 2005 Toyota Corolla

JUSTIN PRITCHARD
for Metro Canada

Second Gear

MODEL: 2003 to 2006 Toyota Corolla
VEHICLE TYPE: Compact sedan
APPROXIMATE USED PRICE RANGE: $5,500 to $12,000

HISTORY/DESCRIPTION: The Corolla has long been Toyota's "bread and butter" small car for the Canadian masses.

Built to be reliable, efficient and cheap to run, it's got a lengthy history of winning awards and being named to "best buy" lists of all kinds.

For its ninth generation, Corolla filled in a place between the Yaris and Camry in Toyota's product portfolio. The Corolla was also made larger and roomier than before, translating to more interior space.

Styling was relatively plain, though a visually sporty Corolla 'S' model added some go-fast styling cues.

Side and curtain bags were available, along with power accessories, a cabin air filter and a CD player.

WHAT OWNERS LIKE: Owners typically say they most enjoy the tidy cabin layout, comfort, handling and safety of their Corollas. Gas mileage is rated highly, too. Owners of the Corolla XRS also enjoy a high-performance experience.

WHAT OWNERS HATE: Owner gripes centre mainly around bland and generic styling, and some wish for more performance from the four-cylinder engine /automatic transmission combination.

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Acura TSX Sport Wagon coming
Acura will unveil its all-new 2011 TSX Sport Wagon at the New York International Auto Show on March 31, 2010. The model arrives at dealerships this fall. METRO NEWS SERVICES

Renting a nice convertible for your road trip may be fine but make sure you know what you are covered for through your credit card company and your insurance.

Beg, borrow or rent

AutoPilot

Mike Goetz
metronews.ca/autopilot

Anybody abuse rental cars? I try not to. But it's hard.

I have sympathy for all things mechanical, but renting a car is like accepting a challenge. Your mission: Use every bit of the car and the rental agreement you're signing for, and then some. The rental company's mission: Go on the offensive and generally just anticipate and prepare for the worst possible consumer behaviour. Game on.

Actually I think I've never been a totally ruinous rental-car customer. Certainly not as bad as comedian Will Shriner, who uses this technique to fulfill the obligation of returning a rental car with a full tank of gas: "I just top it off with a garden hose."

But what gets me to contemplate bad behaviour like that, is when they ask for extra insurance coverage — because in most instances, you don't need it.

Consumer advocate and insurance expert, Lee Romanov, says she never buys extra collision insurance, citing that most credit card companies automatically provide that coverage when you use their card for the rental transaction.

"I recommend that people call up their credit card company, and ask about rental car coverage. What am I covered for?"

Another good option, according to Romanov, is to make sure you have a "non-owned vehicle" rider on your personal auto insurance policy.

"Between the credit card coverage and the rider, there should be no need for extra insurance," notes Romanov.

If you're thinking your premiums are already a bit too rich, you might want to check out insurancehotline.com. This site, founded by Romanov, allows you to compare rates from virtually all of the auto insurers operating in Canada.

Of course the cheaper option to running your own car, or renting one, is borrowing one.

Have you had anyone, other than family members, ask to borrow your car? That's a weird feeling. My mouth says, "yeah sure," but the rest of my being says, "Are you nuts? Hey, why don't you just sleep in my bed too?

Unfortunately, you can't politely refuse on "insurance" grounds, because insurance companies don't seem to mind.

"If it's your car and insured, you can lend it to anyone you want," says Romanov. But she does offer these cautionary words to those gentle souls who share their rides.

"If that person gets a speeding ticket, it is their speeding ticket, it won't affect your rates. But if they have an accident, it's basically your accident, and stays on your insurance policy for six years."

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Some conditions apply. Offer available to residents of Canada only. Accessories may not be exactly as shown. See Dealer for details. ††Receive 0% APR purchase financing on all new 2010 Ford Focus (excluding S) / Escape (excluding I4 manual and Hybrid) for a maximum of 60 months to qualified retail customers, OAC from Ford Credit. Not all buyers will qualify for the lowest APR payment. E.g., $20,000 purchase financed at 0% APR for 60, monthly payment is $333.33, cost of borrowing is $0 or APR of 0% and total to be repaid is $20,000. Down payment on purchase financing offers may be required based on approved credit. 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Offer valid from December 21, 2009, to March 31, 2010 (the "Offer Period") to resident Canadian Costco members in good standing, active as at December 20, 2009. Use this $1,000 private Costco offer towards the purchase or lease of a new 2010 Ford Fusion (including Hybrid), Taurus, Mustang (excluding Shelby GT500), Edge, Escape (including Hybrid), Explorer, Explorer Sport Trac, Expedition, Flex, Ranger, F-150 (excluding Raptor), Super Duty (including Chassis Cab), E-Series, Transit Connect, Lincoln MKZ, Lincoln MKS, Lincoln MKX, Lincoln MKT or Lincoln Navigator. This offer is raincheckable, the new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada dealer within the Offer Period. Offer is only valid at participating dealers, and is subject to vehicle availability and may be changed or cancelled at any time without notice. Only one offer may be applied towards the purchase or lease of one eligible vehicle. 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Applicable taxes calculated before $1,000 offer is deducted. Visit www.fordcostco.ca for details. †††Most 2010 Ford vehicles, excluding 2010 Model LCF, F-650 and F-750, come with a 5 year/100,000 km (whichever occurs first) Powertrain Warranty and full Roadside Assistance benefits together with a 5 year/100,000 km (whichever occurs first) Safety Restraint Warranty. In addition, on all 2010 Model F-Super Duty vehicles equipped with the diesel engine, the Powertrain Warranty is extended to 5 year/160,000 km (whichever occurs first), which equals the diesel engine warranty. Some conditions and limitations apply. ‡‡‡See your Ford of Canada Dealer or contact SIRIUS at 1-888-539-7474 for more information. "SIRIUS" and the SIRIUS dog logo are registered trademarks of SIRIUS Satellite Radio Inc. Includes 6 month prepaid subscription.

See the sights in Utah

A new guide to some of Utah's most scenic roads can be found on the state Office of Tourism website. The site features listings of which roads to take and what has made them state and national scenic byways. utah.travel. METRO NEWS SERVICES

Travel

Explore Britain's back roads

Compiled by expert travel writers, based full- or part-time in the countries and regions they write about, DK's new Back Roads series uses in-depth local knowledge to create driving tours full of original ideas for activities, off-the-beaten-track stops, and authentically native places to eat and to stay in Great Britain. Back Roads of Great Britain is available on Amazon.com ($28). METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

The changing face of Fort Lauderdale

Still a spring break mecca, the face of Florida tourism is working hard to attract families again

DUANE ROLLINS
for Metro Canada

Fort Lauderdale has come a long way from its hedonistic and infamous past as a Spring Break mecca.

Today, it is a sophisticated oceanside community that has something for every taste and budget.

Metro has compiled a list of places to eat, drink and be merry in Ft. Lauderdale for any budget.

DAILY BUDGET $50

EAT

Algeria Tacos

It's not much to look at and the owners didn't waste money on decorating the interior, but the fresh ingredients and authentic Mexican menu keeps locals and tourists alike coming back for more. The best part? You can slap down a $10 bill and leave with a full stomach and change in your pocket.

STAY

Quiet Waters camp ground

With near perfect weather year-round, camping has become an increasingly popular way to enjoy Ft. Lauderdale and the Quiet Waters camp ground offers travelers a unique and inexpensive alternative to the big chain hotels on the beach. At Quiet Waters, you can rent a platform with a pre-set-up tent, a fire ring and grill, picnic table, electricity and running water. You can even rent a tepee. And, it all goes for just $40 a night.

(954-360-1315)

GO

Fort Lauderdale Beach

You go to Florida for the sun and sand and you won't be disappointed by Fort Lauderdale Beach. With more than two miles of supervised public beachfront, and loads of people watching opportunities, a stroll down "The Strip" will be a highlight of your stay.

DAILY BUDGET $100

EAT

Cafe Seville

A staple of Fort Lauderdale dining for more than 20 years the family-run and Spanish-influenced Cafe Seville has one of the best wine lists in South Florida. Its intimate setting provides a perfect romantic break during your trip — but, book ahead or you may end up disappointed.

cafeseville.com

STAY

Green Island Inn

Located in a quiet residential neighbourhood a little further north of most of Fort Lauderdale's hotels the family owned Green Island Inn is a gem at any price. For as little as $50 a night it's deal that can't be beat. It's a short walk to the ocean, stunningly landscaped and a perfect destination for families.

greenislandinn.com

GO

Spirit of Lauderdale Catamaran

It isn't a trip to Fort Lauderdale without spending at least some time on the ocean, experiencing the coastline while breathing the sea air and enjoying a cold beverage.

The Spirit of Lauderdale crew offers visitors all of that, along with an intimate knowledge of the history (and current gossip) of the city, for just $30 per person. Ask about their Canadian discount.

1-800-979-3370

DAILY BUDGET $500

EAT

Mai-Kai Restaurant and Polynesian Show

It isn't highbrow, but it is everything that people have come to expect from a Florida vacation. The Mai-Kai Restaurant and Polynesian Show is over the top, tourist oriented and generally quite loud, but it's also a whole lot of fun, popular with locals too and isn't loud what you're looking for in a vacation anyway?

There is a reason it's been a Fort Lauderdale landmark since 1956. It will cost you about $80 a person to fully experience the dinner and show.

STAY

W Fort Lauderdale

The Strip's newest and most decadent luxury hotel won't be cheap — rates start at about $250 a night. But, it does offer an enticing mix of elite dining, world class pampering and ample amounts of beautiful people dancing the night away.

wfortlauderdalehotel.com

GO

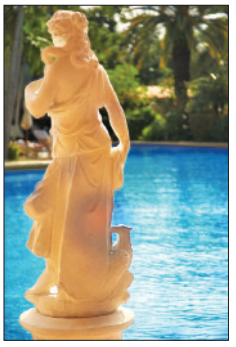
Sawgrass Park

Get close and personal with some of Florida's most famous — and dangerous — wildlife at the Sawgrass Recreation Park. Avoid the crowds by booking a private tour of the park, which includes a hour-long airboat ride deep into gaiter country and full access to the wildlife displays, where you can see Florida Cougars and hold a baby alligator in your hand. Up to four can experience it for just over $300.

evergladestours.com

COURTESY OF FORT LAUDERDALE TOURISM

Fort Lauderdale has been quietly working to return itself to a family friendly destination.



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Obama trying to stimulate U.S. travel
U.S. President Barack Obama has signed a bill creating a program to promote the U.S. as a premier tourism destination for international travelers. The U.S. welcomed 2.4 million fewer overseas visitors last year than in 2000. THE ASSOCIATED PRESS

Cologne excites the senses

Metro's guide for what to do, see and eat in classic German city

CÉLIA PEDROSO
Metro World News

In Cologne you can feel quite relaxed walking by the Rhine or with a Kölsch in your hand.

This German city will excite all of your senses.

SEE
The cathedral and the museums

The Kölner Dom survived the severe bombings of the Second World War. When visiting this gothic masterpiece don't forget to climb the staircase up to the tower, unless you suffer from vertigo. Also don't miss the Museum Ludwig with an important Pop Art Collection and the City Museum where you'll see why Eau is de Cologne…

HEAR
Summerjam Festival

Cologne has Europe's largest reggae, dancehall and World Music festival. The Summerjam Festival brings Caribbean colours and rhythms to Cologne, between July 2 and 4. All year long enjoy classical music, pop or jazz at Kölnarena, Musical Dome and endless clubs. The central clubbing scene is around Zülpicher Street and Luxemburger Street.

TASTE
Bratwurst or Hämmche

Try bratwurst (sausage) or the brahauswurst (sausage in brewery style) and sauerkraut at the old brewery Früh, near the Dom. Friendly and busy, there you'll feel the true spirit of a bierhaus with simple food and local specialities for the adventurous like Kölsche Kaviar (black pudding with onions) or Hämmche (boiled knuckle of pork).

DRINK
Kölsch

In the country where beer rules, each region has its own kind of brewing beer. Kölsch can be found only in Cologne and is very tasty and light.

However be careful: it's also the name of the local language, so Kölsch can be either spoken or drunk

WEAR
A camera

Not only because the city is visually amazing but because Cologne is Germany's Hollywood, especially for crime TV series.

DO
Shopping

Pedestrian Hohe Street is a one mile heaven for shopping, with department stores, while the Belgian Quarter has shops of designers and off-mainstream fashion. Bring your credit card.

DON'T
Go to the Wrong Side

The banks alongside the Rhine couldn't be more different in Cologne. The left side, with the city centre and the Old Town, has it all. The right side has a shadowy existence. Cologners even call it the Schäl Sick, or the Wrong Side.

SAY
Dat es Kappes!

If you want to mingle and look like a local say something in Kölsch, the dialect of Cologne. Dat es Kappes! is a funny and non-offensive way of saying 'that is stupid.'

DON'T SAY
Alt

Don't ask for an alt in Cologne. It's a beer brewed in the neighbor city.

Bratwurst, beer and beats

METRO WORLD NEWS

Cologne's skyline offers spectacular photo opportunities at night.

Kölsch beer is brewed locally in Cologne.

Travel in brief

ECO-ADVENTURE Rain Forest Aerial Trams St. Lucia, the eco-adventure company, has launched the new Adrena Line The Zip Line tour. Offering white-knuckle thrills, the excursion includes Floating Stairs, zip lines with multiple platforms and Tarzan Swing onto the Tarantula's Nest. It's all set amidst the vivid St. Lucia rainforest, about 2,000 feet above sea level at the base of La Sorciere. Check out their site rainforestrams.com

METRO NEWS SERVICES

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	A, CA	887	376	525	901
2. Jonathon Gremsperger	B, CA	887	376	517	893
3. Shawn Tschritter	A, CA	882	364	524	888
4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
14. Grant Greenfield	A, CA	849	380	474	854
15. Darrick Bowden	N, CA	848	338	513	851

* Results exclude Quebec

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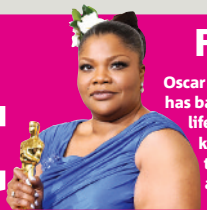
Guilty of attempting to extort money from Crawford

A German man has been found guilty of attempting to extort money from supermodel Cindy Crawford, reports femalefirst.co.uk. Edis Kayalar had threatened to release a photograph he stole from a nanny of Crawford's seven-year-old daughter, gagged and bound to a chair. METRO NEWS SERVICES

Entertainment



Family feud

Oscar winner Mo'Nique says she has banished her brother from her life — because he refuses to acknowledge her allegations that he sexually abused her as a child. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Spring reveals hidden gems

Hollywood warming up for blockbuster season

STEVE GOW
for Metro Canada

The months leading up to summer's barrage of blockbusters are a lot like the season of spring itself — blooming with potential. Perhaps that's what makes springtime so exciting: It's a chance for audiences to experience Hollywood's most unheeded hidden gems.

Featuring Greek gods, money-mad investors, lost cowpokes and a classic horror icon, this year's crop of cinematic seedlings should share no less enthusiasm than their summer companions. Here are a few highlights of 2010's Spring Movie Preview:

Chloe (Mar. 26): This thriller will turn heads with its tale about a sexually charged love triangle between Liam Neeson, Julianne Moore and Amanda Seyfried (Dear John).

The Last Song (Mar. 31): Pop superstar Miley Cyrus takes on novelist Nicolas Sparks (The Notebook) in "a story of family, friendship, secrets and salvation." Although that also sounds like a description of Hannah Montana, it's not that. Trust me.

Clash of the Titans (April 2): In this highly anticipated remake of the 1981 hit, the son of Zeus must save Earth from the god of the underworld and a giant scorpion. And you thought the earwigs were a problem in your apartment.

Date Night (April 9): Tina Fey and Steve Carell bring the funny to the big-screen in this mistaken-identity comedy about a bored couple running from the mafia. Watch for appearances by Mila Kunis and Mark Wahlberg.

Piranha 3-D (April 16): Based loosely on a 1978 horror hit, this three-dimensional shocker explores everybody's favourite flesh-eating freshwater fish.

Kick-Ass (April 16): Perhaps the sleeper hit of the spring, this unlikely superhero comedy has been gaining plenty of excitement on the Internet. Then again, that kind of buzz backfired for Snakes on a Plane.

Wall Street: Money Never Sleeps (April 23): Director Oliver Stone breaks finance wizard Gordon Gekko (Michael Douglas) from prison in this sequel to the captivating 1987 drama that previously won Douglas an Academy Award.

Highlights of the spring movie season include Clash of the Titans (April 2), left, and Kick-Ass (April 16), above.

Gunless (April 30): Paul Gross (Passchendaele) plays a belligerent American outlaw lost in a sleepy Canadian hamlet in this western comedy.

Nightmare on Elm Street (April 30): Finally, yes, creepy Freddy Krueger returns to haunt your dreams. Let's hope he doesn't stink up the theatre while he's at it.

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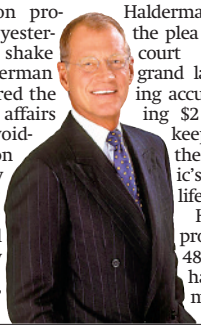
Accused pleads guilty in Letterman case

LEGAL A television producer admitted yesterday to trying to shake down David Letterman in a case that bared the late-night icon's affairs with staffers, avoiding a long prison sentence by pleading guilty in exchange for six months in jail and community service.



Robert "Joe" Halderman, 52, entered the plea in a Manhattan court to attempted grand larceny after being accused of demanding $2 million US to keep quiet about the late-night comic's workplace love life.

Halderman, a producer for CBS' 48 Hours Mystery, had mined information from reading his then- girlfriend's diary entries about her relationship with Letterman, her boss, authorities said.

The Manhattan district attorney's office said the debt-strapped Halderman threatened to ruin Letterman's reputation, disguising his demands as a deal for a thinly veiled screenplay about the comedian.

"In September of 2009, I attempted to extort $2 million from David Letterman by threatening to disclose personal and private information about him, whether true or false," Halderman said in court, reading a prepared statement at first so quickly that Manhattan state Supreme Court Justice Charles Solomon asked him to slow down. Halderman acknowledged delivering the threat to Letterman's driver, in the form of a screenplay outline, or "treatment." THE ASSOCIATED PRESS

I just don't know who you are anymore

Katherine Heigl turned heads yesterday when she stepped out sporting brown hair a far cry from her usual blond — reports dailymail.co.uk. METRO NEWS SERVICES

GETTY IMAGES

Harry Smith will report live while undergoing a colonoscopy.

Early Show anchor shares his insides

The Early Show co-anchor Harry Smith is scheduled to have a colonoscopy today, with live reports as he undergoes the procedure at a New York hospital.

CBS says it will be the first time an anchor has had a colonoscopy live on network television.

CBS Evening News anchor Katie Couric plans to be with Smith as he prepares for the procedure.

Smith and Couric are recognizing National Colorectal Cancer Awareness month. Couric has been an advocate for early cancer screenings since her husband, TV legal analyst Jay Monahan, died of colon cancer 12 years ago. He was 42.

Taped reports of Couric's colonoscopy aired in 2000.

The Early Show airs weekdays from 7 a.m. to 9 a.m. Eastern.

THE ASSOCIATED PRESS

Andy Richter may tour with Conan O'Brien and Max Weinberg

COMEDY Andy Richter says a tour with Conan O'Brien and Max Weinberg is "a possibility."

The Hollywood Reporter says the tour would start the middle of next month and could also involve O'Brien's bandleader, Max Weinberg.

Unlike O'Brien, who can't be on TV until September, Richter co-hosted Live With Regis and Kelly.

Richter says he's still under contract with NBC but he says he still is angry with the network for taking the Tonight Show away from him and O'Brien.

Referring to his string of failed TV projects, Richter says he must be "really good at getting kicked off the air."

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primetime 3/10/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (N) (CC)		Republic of Doyle (N)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Criminal Minds "Solitary Man"		American Idol (CC)		CSI: NY "Pot of Gold" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice (CC)		Third Watch (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (CC)		Kitchen Nightmares (N) (CC)		Melrose Place "Oriole" (N)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	America's Next Top Model (CC)			Look-A-Like	The Listener "Iris" (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Mercy "I'm Fine" (N) (CC)		Family	Cougar Town	(:01) Ugly Betty (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	America's Next Top Model (CC)			High Society	Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Unmarried	Criminal Minds "Solitary Man"		CSI: NY "Pot of Gold" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Mercy "I'm Fine" (N) (CC)		Law & Order: SVU		Law & Order: Special Victims		KING 5 News
	602	568	19 W	Supernanny "Addis Family"		Grocery Bag	Grocery Bag	Grocery Bag	Restaur.	Human Trafficking ★★ (2005) Mira Sorvino.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Scrubs (N)	The Middle	Family	Cougar Town	(:01) Ugly Betty (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Ice Princess ★★ (2005) Joan Cusack, Kim Cattrall.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	T.A.M.I. Show: Rock 'n Roll's First Concert Film				Christiane Northrup: Menopause and Beyond				Emotional Life
	290	382	28 FOX	Two/Half Men	Two/Half Men	Human Target (N) (PA) (CC)		American Idol (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	33 PBS	Straight No Chaser: Live		Dr. Wayne Dyer: Excuses Begone! Overcoming habits. (CC)						T.A.M.I. Show
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Fast Cash	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (CC)			High Society	KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	Geologic Journey		CBC News: The National (N)		CBC News: The National (N)		Geologic Journey		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		College Basketball Teams TBA. (Live)				Sportsnet Connected (Live)		UEFA Soccer
	400	400	30 TSN	NHL Hockey Vancouver Canucks at Phoenix Coyotes. (Subject to Blackout)					SportsCentre	Motoring 2010	SnowTrax	SportsCentre
	411	457	49 OLN	Ghost Hunters Academy		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	NBA Basketball Toronto Raptors at Sacramento Kings. (Subject to Blackout)					Score Now	Score Now		Final Score
	417	406	55 SC	Pass Time (N)	Pass Time (N)	Pass Time	NASCAR Hub	Racing Chef	NASCAR	Dangerous Drives		Pass Time
	416	409	144 GLF	Fútbol Brasileño		Footballers'	Gol a Gol	Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Billy Connolly: Journey to the		Mekong: Soul of a River (N)		Romantic Portrait Yundi Li		Ode to a Requiem (CC)		Stravinsky
	575	583	20 CMT	Home Imp.	Home Imp.	Due South (CC)		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	Degrassi	Degrassi	UR11		Pimp My Ride	My Own	My Date	My Date	Video on Trial
	600	564	26 H&G	House	House	Holmes on Homes (CC)		Agent-Agent	Real Estate	Property	Unsellables	House
	615	520	31 A&E	Bounty Hunter	Exterminator	Exterminator	Exterminator	Bounty Hunter	(:31) Dog the Bounty Hunter		(:31) Dog the Bounty Hunter	
	628	584	32 SPKE	UFC	UFC	Players	Blue Mountain	MANswers	1,000-Lie	CSI: Crime Scene Investigat'n		Mysteries
	521	560	34 TLC	Police Women of Maricopa		Police Women of Broward		Police Women of Maricopa		Police Women of Maricopa		Police Women
	616	522	39 SHO	Relic Hunter (CC)		Wide Awake (2007) Missy Peregrym, Scott Wickware. (CC)				HawthoRNe (N) (CC)		NCIS (CC)
	620	523	40 BVO	White Collar "Front Man"		Law & Order "Survivor"		Without a Trace "The Line"		White Collar "Front Man"		Red Shoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Whatever	Real Housewives-Atlanta		Real Housewives, Orange		Runway
	520	505	42 DIS	Solving History-Olly Steeds		Daily Planet (CC)		Solving History-Olly Steeds		The Colony "Breaking Point"		Howe & Howe
	522	506	44 HIS	Ice Pilots NWT (CC)		Nostradamus Effect (N)		Ice Road Truckers (CC)		Ice Pilots NWT (CC)		Re-Inventors
	627	528	45 SPC	Supernatural (CC)		InnerSpace	Stargate SG-1 "Redemption"		Star Trek: Next Gener.		Star Trek: Voyager "Tuvix"	
	294	650	47 TBS	House/Payne	House/Payne	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Rescue Ink "House of Horror"		Hoarders "Chris and Dale"		Hoarders "Kerrylea; Lauren"		Parking Wars	Parking Wars	Spoiled
	603	561	52 FN	Chopped "Raw Enthusiasm"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped "Raw Enthusiasm"		Iron Chef Am.
	-	-	53 AMC	(5:00) The Fugitive ★★★		The Bone Collector ★★ (1999) Denzel Washington, Angelina Jolie. (CC)					Puppet Master ★★ (1989)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Lucky Louie	Hot Box	Daily Show
	320	621	60 CEN	(6:30) The Love Guru ★ (CC)		Ghosts of Girlfriends Past ★★ (2009)			(:40) Soul Men ★★ (2008, Comedy) Samuel L. Jackson. (CC)			
	581	566	101 MTV	The Real World (N) (CC)		Real World	MTV Live	16 and Pregnant "Chelsea"		The Real World (CC)		Real World
	261	394	102 V	Doc Martin and the Legend		Poltergeist: The Legacy		Escape From Wildcat Canyon (1998) Dennis Weaver. (CC)				Paid Program
	-	-	105 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

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Boobie bed

Sharon Osbourne is having buyer's remorse over her breast augmentation surgery. "I wish I had never had my breasts done," Osbourne tells New! Magazine. "It is like a waterbed on your chest. I want to have the bags taken out — then I will put them on eBay." METRO NEWS SERVICES

Celebrity Buzz

The Cowell's out of the bag

BEAUTY AND THE BEAST TO MARRY ... SOMETIME IN THE NEXT DECADE He's famed for his caustic put-downs on American Idol and The X Factor but Simon Cowell showed a very different side to his personality as he shared a kiss with fiancée Mezhgan Hussainy on the Tonight Show, reports dailymail.co.uk.

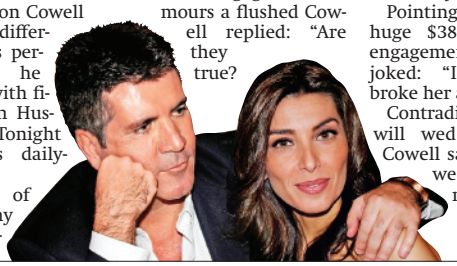
After weeks of trying to deny their engagement, the 50-year-old finally confirmed the couple is getting married.

When asked by Jay Leno about the engagement rumours a flushed Cowell replied: "Are they true? Well, I do have somebody in my life now, Jay, yes. And I kinda made a decision this year to make somebody happy."

Pointing out Hussainy's huge $385,000 diamond engagement ring, Leno joked: "I thought she broke her arm."

Contradicting reports he will wed this summer, Cowell said he wanted a wedding "in the next 10 years."

METRO NEWS SERVICES



Will she Mulligan LaBeouf?

TALENT ATTRACTS TALENT ... BUT WHO WILL IT BE? After frequently bumping into each other on the awards circuit, it's no surprise that Oscar nominees Carey Mulligan and Jeremy Renner have struck up a friendship.

The actors were looking very cozy together as they partied at the Vanity Fair after-party on Sunday night, reports dailymail.co.uk.

The Bafta winner, 24, and The Hurt Locker star, 39, were spotted deep in conversation and being very tactile with each other as they openly flirted.

The pictures of the friendly pair are unlikely to go down well with Mulligan's actor boyfriend Shia LaBeouf, who was surprisingly absent at the Academy Awards.

Mulligan has been dating LaBeouf since August after falling for each other on the set of Wall Street: Money Never Sleeps.

LaBeouf was seen accompanying her to JFK airport, prompting speculation he would be joining her in Los Angeles ahead of the weekend's festivities.

Instead, Mulligan arrived on the red carpet at the Kodak Theatre with her mom Nano, while Renner brought his mother Valerie.

Renner has recently been linked to newly-single beauty Charlize Theron, but he insists they're just friends.

METRO NEWS SERVICES

Jermaine plans MJ tribute

BY ARRANGING A MASSIVE MONEY-MAKING TRIBUTE Despite previous failed attempts since his brother's death last June, Jermaine Jackson is committed to pulling off a massive tribute to Michael Jackson, and he wants it up before the anniversary, he tells Australia's Undercover.com.

"The best way and most suitable way is to assemble the world's largest tribute in history that is only fitting to a man who moved the hearts and souls of an unimaginable amount," Jermaine says of the planned show, which will be called Tribute by Jermaine. He's reportedly already booked London's Wembley Arena for June 8.

METRO NEWS SERVICES

Arguing over spilt milk

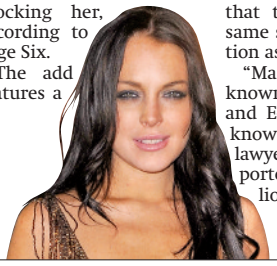
SHE'S SUCH A BABY! (HA) Lindsay Lohan is reportedly suing financial services company E-Trade over a new commercial she thinks is mocking her, according to Page Six.

The add features a boyfriend-stealing, 'milkoholic' baby named Lindsay, and Lohan alleges it was modeled after her.

Lohan's lawyer argues that the actress has the same single-name recognition as Madonna or Oprah.

"Many celebrities are known by one name only, and E-Trade is using that knowledge to profit," her lawyer says. Lohan is reportedly after $100 million over the ad.

METRO NEWS SERVICES



Tiger released back into society

HIS SOCIAL REINTEGRATION SEEMS TO BE GOING WELL The reconciliation between Tiger Woods and Elin Nordegren appears to be working, as the couple was spotted kissing earlier this week in Florida, according to Radar Online.

"They were hugging and they were kissing right out in the open," a source tells the website.

"Elin is certainly a lot more relaxed these days and so is he. People in the neighbourhood are getting used to seeing them together again."

METRO NEWS SERVICES

GETTY IMAGES

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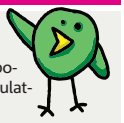

Today, **JESSICA SIMPSON** doesn't find poetry that stimulating, **APOLO OHNO** is hungry, **RAINN WILSON** takes a page from an Oscar winner's book, and **JOE JONAS** doesn't like all the attention.

@JessicaSimpson
Just woke up after falling asleep reading this book "poemcrazy"! Poems that are crazy normally keep me awake!

@ApoloOhno
Friends of Chi-Town...if we get a small break today- where is a quick lunch spot?

@rainnwilson
Like Mo'nique Ive decided to add an apostrophe to my name. Sincerely, Ra'inn.

@joejonas
So there was a paparazzi filming me eating. Akward. I see the headline now.. "Joe eats food"

METRO NEWS SERVICES

Taking it too far just once

ADMIT IT, YOU ALL ASSUMED HE WAS TOO With her Oscar specials over, Barbara Walters is taking a look back and says she only has one real regret — pressing Ricky Martin about his sexuality.

"In 2000, I pushed Ricky Martin very hard to admit if he was gay or not, and the way he refused to do it made everyone decide that he was," she tells the Toronto Star.

"A lot of people say that destroyed his career, and when I think back on it now I feel it was an inappropriate question."

METRO NEWS SERVICES

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CBC

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Friday Rain 90% 10°/2°
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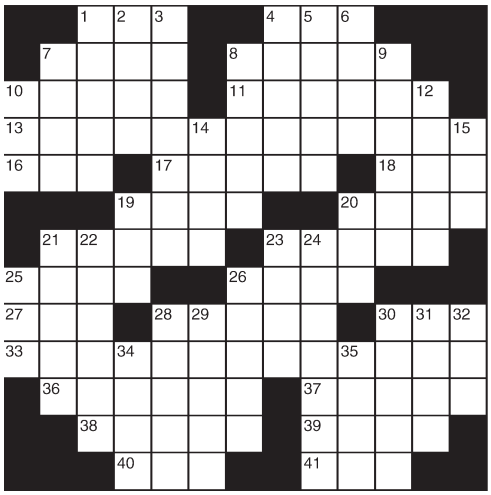
Take Five



ACROSS

1 Dog's ID
4 Atlas component
7 Toothpaste container
8 Mosaicist
10 Young hooter
11 Preambles, briefly
13 Family tree member
16 "CSI" find
17 Cardiff's country
18 Writer Levin
19 Senate employee
20 Retain
21 Strong wagons
23 Dens
25 Night light?
26 Bankruptcy cause
27 Lennon's lady
28 Alpha's opposite
30 Eggs
33 Couch potato's handful
36 Nightclub
37 Southerner's speech trait
38 "In Memoriam," e.g.
39 On the — (at variance)
40 Raw rock
41 Born

DOWN

1 Oklahoma city
2 Help in wrongdoing
3 Flee
4 Chop finely
5 Some choristers
6 Lima's land
7 Doppelganger
8 Championship
9 More optimistic
10 Peculiar
12 Begets
14 Run-down horses
15 Siesta
19 Zero-star review
20 DIY purchase
21 Bright star in Cygnus
22 Rent contributor
23 Building-block name
24 Leave in the lurch
25 Postal Creed word
26 Fake duck
28 Playful water critter
29 Combine, traffic-wise
30 Give a speech
31 Wedding exchange
32 Every iota
34 Norway's capital
35 Authentic

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3	4						6	2
	7			9			1	
		8	3		1	4		
			5		7			
9								8
			8		9			
		3	6		2	7		
	5			1			4	
6	2						3	5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	T	A	N		M	A	Y		M	O	S	S		
T	Y	R	O		E	G	O		O	R	C	A		
A	K	I	N		D	O	U	G	H	B	O	Y		
R	E	D	F	L	A	G		M	A	S	T	S		
			A	I	L		Y	A	W					
E	L	A	T	E		J	A	C	K	A	S	S		
T	E	D			J	A	M			N	E	O		
C	A	S	H	C	O	W		N	A	T	A	L		
			E	O	N		W	O	N					
O	U	N	C	E		V	A	R	N	I	S	H		
B	R	E	A	D	B	O	X		A	R	E	A		
O	A	S	T		A	L	E		L	O	T	S		
E	L	S	E		M	E	N		S	N	A	P		

6	8	2	1	4	5	9	7	3
5	7	9	6	2	3	4	8	1
3	4	1	7	8	9	2	5	6
8	6	7	5	9	4	3	1	2
9	2	3	8	1	6	7	4	5
1	5	4	3	7	2	6	9	8
2	1	8	4	3	7	5	6	9
7	9	5	2	6	8	1	3	4
4	3	6	9	5	1	8	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Spicy Napolitana Spaghetti

INGREDIENTS:

2 tbsp olive oil
1 large onion, finely chopped
A pinch white sugar
2 x 398-mL cans tomatoes
1/4 tsp crushed chili flakes
400 g spaghetti
450-g jar roasted red or mixed peppers, drained and sliced
3/4 cup stuffed green olives, rinsed, drained and halved

METHOD:

1. Heat oil in medium-sized pot, add onion and sugar, then cook gently 5 minutes. Meanwhile, tip tomatoes into food processor and whiz to make purée.

2. Add puréed tomatoes and crushed chili flakes to onion in pot and season lightly with salt and plenty of pepper. Bring to boil, then cook, stirring occasionally, over medium heat 20 minutes.

3. While sauce is cooking, cook spaghetti in pot of salted boiling water according to pack instructions.

4. Drain pasta and turn into warmed serving bowl. Spoon over sauce, add peppers and olives, and toss gently to combine. Serve immediately with Parmesan.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be confronted by a situation that demands an instant response. No one has the right to interfere in your personal affairs.

TAURUS ♉
APRIL 21-MAY 21
You may be more receptive than usual to out of the ordinary ideas but you must also be careful that you do not come across as too trusting.

GEMINI ♊
MAY 22-JUNE 21
If you can't come up with the money you need today it could lead to a showdown with those who hold the purse strings. Try to become financially independent.

CANCER ♋
JUNE 22-JULY 22
The Sun in Pisces is a helpful influence but it also brings obligations you cannot avoid. Today's aspects are about power and responsibility.

LEO ♌
JULY 23-AUG 23
You are impatient to get started on things you have been thinking about for months, and with Mars turning direct in your sign you won't have to wait long.

VIRGO ♍
AUG 24-SEPT 22
You won't be in the most forgiving of moods today, especially if you are still annoyed with someone who has betrayed you.

LIBRA ♎
SEPT 23-OCT 23
A positive outlook is a must. Like it or not someone who is better connected has the upper hand at the moment, but it won't stay that way forever.

SCORPIO ♏
OCT 24-NOV 22
While your confidence is high, other aspects suggest that some people still need convincing you have what it takes to succeed.

SAGITTARIUS ♐
NOV 23-DEC 21
Your best course today is to be open and honest about the way that you feel – and then to resolve to do something about it.

CAPRICORN ♑
DEC 22-JAN 20
You can't help but be a bit emotional and in a way that's good because you have been hiding your feelings for too long. Just don't get too sentimental.

AQUARIUS ♒
JAN 21-FEB 18
If you allow things to slide today you will be struggling to catch up for the rest of the week, so stay on top of your workload.

PISCES ♓
FEB 19-MARCH 20
Everyone wants to be your friend, but that does not mean everyone is entitled to a free ride at your expense. Help out but don't be a sucker.

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